



# Beaver Creek CSA

## your local food connection!

BEAVER CREEK GARDENS  
beavercreekgardens.org

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PRODUCTION IS LOCATED AT 5640 COUNTY A WEST, just west of intersection with Hwy 31

## Garden and Weather Report

Hello from the Gardens! This is coming to you guys a little late today as I went to North Boone County to pick up your corn this morning and with that, got a very late start in the gardens. This week is very similar to last week produce-wise with the exception of the Tomatilla bag. I wanted to make certain the A week people got this. If you haven't made the Salsa Verde, give it a try as it is unbelievably delicious and easy to make. The only other change is I did not get peaches this week from Michigan. This is the last week for Reimer's sweet corn too. Next week we will have some great new items in your boxes - we should have carrots, celery and Acorn Squash. We will be harvesting those over the weekend and next week. The tomatoes are in full glory right now, so if you want to preserve them, let me know!



The weather this week looks like Hot August Nights. You old guys might remember a Neil Diamond album with that name - a great album with great songs. One of my favorites at Illinois State University, I think I am showing my age - oops! At any rate, the temperatures look to approach the 100 degree mark for a couple of days this week. Because of that, we pulled out all the summer

lettuces over the weekend and are safely storing them for you in the walk-in cooler. Although the varieties I select can take some heat - 100 degrees would cause them to bolt and become bitter. Better to take them out so that we do not lose a couple of weeks worth of lettuce. Everything I am reading says it will be only a couple of days and then back to our wonderful Wisconsin "cooler by the lake" weather with the 70s during the day and cooling to the 50s at night, my favorite range of weather. It just doesn't get better than that in my opinion. I am looking forward to fall!

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## What's bugging us?

This little critter to the right is not really bugging us, but we are finding them in our dill, parsley and fennel. This is the Black Swallowtail caterpillar. When you picked up your floral bouquets the last two weeks, you may have found one in there if you chose a bouquet with dill in it. We usually just put them back on the plants to finish them up.



## What's Inside

This is Week 11 - A Week of the 2023 Season



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# PRODUCE of the Week

This week we are featuring an American favorite from the midwest, sweetcorn and hardneck garlic..

In 1493, Christopher Columbus returned to Europe with corn seeds, although this revelation didn't succeed due to inadequate education of how to produce corn. Sweet corn occurs as a spontaneous mutation in field corn and was grown by several Native American tribes. The cultivation of sweet occurred when the Iroquois tribes grew the first recorded sweet corn (called 'Papoon') for European settlers in 1779. It soon became a popular food in the southern and central regions of the United States.

One of the main nutritional benefits of sweetcorn is its high fibre content. And as we know, dietary fibre is important for our health: it aids digestion, it can decrease the risk of heart disease, strokes, type 2 diabetes and bowel cancer. On top of that, fibre helps you stay fuller for longer.

I can certainly verify the fibre fuller for longer statement. I had two ears for lunch and am skipping dinner!



Numerous cuneiform records show that garlic has been cultivated in Mesopotamia for at least 4,000 years. The use of garlic in China and Egypt also dates back thousands of years.[ Well-preserved garlic was found in the tomb of Tutankhamun (c. 1325 BC). Among alliums, garlic has by far the highest concentrations of initial reaction products, making garlic much more potent than onion, shallot, or leeks.

Although many humans enjoy the taste of garlic, these compounds are believed to have evolved as a defensive mechanism, deterring animals such as birds, insects, and worms from eating the plant.

Because of its strong odor, garlic is sometimes called the "stinking rose". When eaten in quantity, garlic may be strongly evident in the diner's sweat and garlic breath the following day. But omg, does it smell good when cooking it in oil and such a great addition to most Italian dishes!

Wash your Vegetables

before cooking or eating raw.

## Week 11 Produce

Sweet Corn #  
Summer Lettuce  
Tomatillo Bag  
Zucchini \*  
Peppers  
Green Beans #  
Mini White Cucumbers #  
Chard \*  
Garlic #  
Parsley  
Tons of Tomatoes OOB  
Egg Plant OOB

\*omitted from 1/2 bu boxes  
#smaller size or quantity in 1/2 Bu  
OOB - out of the box

## Storage Information

Please make sure that you wash all your vegetables. I may do an initial rinse on lettuces and those types, but you will need to wash again. This week all vegetables should be kept in the **mid** 30 degree range (I keep the temp at 34) in your refrigerator except tomatoes. Room temp for those and the Egg Plant as well. Both can be kept at 55 degrees but who has a fridge for that?

# Garden and Weather Report

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We do have so many tomatoes that this would be the time to order a bushel or half bushel for processing. If you have never canned, you can freeze tomatoes whole or partially cooked in ziplock freezer bags for use in the winter. I put that recipe for Tomato Bisque soup on page 4 and if you are not inclined to use fresh tomatoes for this, I do have quarts in the store that will work just fine with this for \$8.00. We will have carrots in the next few weeks so you would have those to use in the recipe too.

I have checked all the winter squash plants this week and found the acorn squashes ready to be picked with the Delicata and Carnival not far behind. I love squash and these are some of my favorites. The Butternut is much farther behind, but I typically put these in the last couple of boxes so they have time to grow and mature!

We have more egg plant this week and I am going to have it on the table for you to pick up.. I cannot believe how much egg plant we have and if you can believe this - there is an entire new blossom set on the tops of them. I do not want them to go to waste, so at my house I am making a second batch of Baba Ghanoush and am freezing slices in Ziplocks to use in the winter for EggPlant Parmesan. If you haven't read last week's newsletter, those instructions are on page 4.

I wanted to make certain all of you save the date of Saturday, October 7th. We will be having our Harvest Festival that afternoon. We will be cooking on the grill, taking you on tours of the gardens, letting the kids (or adults) pick out pumpkins and hopefully enjoy a crisp sunny fall day!

Enjoy your box!

*Cheri*

## This Weeks Photo's



Pictured to the left is the bed of celery with some fall beans to the right of it. Pictured below is our fall broccoli. I will have a great broccoli celery soup recipe for you. The celery will come first so what I typically do is cut it up and freeze it for use later. We have a huge ziplock bag in our freezer every year that both Ron and I use for all soups. The celery that I grow is not the Pascal type you find in the grocery stores from California - but is so flavorful and does great in soups.



### Corn Tomato Avocado Salad

from Shawna Neal/Gimm Delicious.com.

- 1 Cup corn, canned fresh or frozen
- 1 large avocado
- 1 C cherry tomatoes
- 1/2 small red onion
- 1/2 medium English cucumber
- 2 T olive oil
- 2 T lime juice
- 1 tsp salt, adjust to taste
- 1 tsp ground black pepper, to taste

If you are using frozen corn, thaw it out by running it through cool water in a colander. If using canned corn, drain and rinse. Or, if you are using your corn in box, make sure to use a sharp knife to carefully remove the kernels from the cob. Then, let them fully cool to room temperature.

Cut avocado, cucumber and tomatoes into bite-sized pieces.

Dice onions and combine them with the rest of the chopped produce.

Whisk the oil, lime juice and salt together in a small bowl, Lightly toss with our veggies and serve.

I am repeating the Salsa Verde for you A Week People!

Corn & Beans - Lunch!



### Rick Bayless Salsa Verde

12 ounces (6-8) medium tomatillos, husked and rinsed

3 or 4 garlic cloves, unpeeled

Fresh hot green chiles (start with a large serrano or small jalapeño, but feel free to use any fresh chile), stemmed

Fresh cilantro (start with 6 or 8 sprigs)

1/2 medium white onion

Salt

Roast ingredients: I find it easiest to roast them under a broiler.

Spread the tomatillos, unpeeled garlic and chiles on a rimmed baking sheet and roast about 4 inches below a hot broiler (my toaster oven is perfect for this) until the tomatillos and chiles are blotchy brown on one side, about 6 minutes, then turn everything over and roast the other side. The garlic should feel soft.

Cool until handleable, slip the peels off the garlic, then scrape everything (including any juices) into a blender or food processor and pulse until you have pureed it to your liking—I like the salsa best when it's smoothish, but still has some texture.

Finish and season: Gather the cilantro into a tight bundle and thinly slice across it (leaves and stems) until you run out of leaves. Chop the onion into about 1/4-inch pieces. For the freshest flavor, rinse in a strainer under cold water to get rid of that unpleasant "oniony" flavor. Shake off excess water and add to the salsa along with the cilantro. If the salsa is too thick to spoon easily, stir in water a tablespoon at a time until the salsa seems right to you. Taste and season with salt, usually a scant teaspoon. Because most ingredients are roasted, it's harder to add more of one or the other of them to the finished salsa—except, of course, for cilantro and onion.

### Tomato Bisque Soup - Makes 8 Cups

Saute in 2T olive oil - 1 C chopped onion for 4 to 5 minutes add

1 T garlic minced, 1-2 minutes so it doesn't burn

Add and Simmer:

4 Cups tomatoes, seeded and diced;

1 1/2 Cup bennel bulb, trimmed and diced;

1 Cup russet potatoes, peeled and diced;

1/4 C carrots, peeled and grated - add tomatoes first to create liquid

Add and Simmer:

4 Cups chicken broth

3 T basil, chiffonade (rolled and sliced into ribbons)

2 T fresh lemon juice and 2 T dry sherry

1 tsp fresh thyme and 1 tsp fresh oregano

1/2 t salt and 1/2 t of pepper

Simmer for 20 minutes and let cool - puree in blender in 1/2 batches until smooth.

Check Allrecipes.com for add'l recipes